



HOW TO CARE FOR YOUR STONE MORTAR AND PESTLE

BEFORE FIRST USE

Your new stone mortar & pestle (molcajete) needs to be seasoned before use.

TIPS:

- Over the course of several days, using either rock salt or white rice, grind the salt or rice into a fine powder in the mortar. Repeat the process until the ground salt/rice is as white coming out of the mortar as it was going in. Make sure to use the entire surface of the mortar and pestle.

HOW TO USE:

- Fill mortar 20% with your ingredient(s); do not overfill. Start with the hardest ingredients, which need more time to grind. Holding mortar at a 20-30 degree angle with one hand, take the pestle with the other and grind the ingredients, using a circular crushing motion. Push pestle hard against the sides of the mortar and twist as you grind ingredients to your liking. Stop periodically to mix ingredients together. Grinding releases oils and flavors to bring out their natural goodness.

CLEANING:

- NEVER use detergents, soaps or other cleansers to clean your mortar and pestle. Because of the porous nature of stone, these will be absorbed into the stone and impart unwanted flavors and odors into the food.
- To clean your stone mortar and pestle, wash in hot water. Vigorously scrub clean with a plastic brush, and allow to dry.